

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

Delicious Egg Features

A wise resolution for any housewife to make is to serve eggs in some form every day. Now that spring is coming and eggs are getting more plentiful, and cheaper in price, this can be done without increasing costs. Nutrition authorities recommend eggs at least three or four times a week for a well-balanced diet. This is because of their value as body-building food, their high vitamin content, and because they are an excellent source of iron in a form very easily utilized in the body. Because of this iron, eggs are good blood builders. Although eggs are richer in iron than milk, they contain much less calcium or lime. For this reason they are in no way a substitute for milk but should be considered a supplement to it. Dishes prepared with these two protective foods in combination assure a highly nutritious as well as palatable result. The addition of cheese to any egg dish gives a zest and flavor which adds to the palatability.

A few recipes featuring eggs, with milk and cheese, are:

Eggs and Noodles au Gratin
4 tsp butter
2 tsp flour
1 1/2 cup milk
1 tsp salt
1-8 tsp white pepper
2 cups diced celery
6 hard cooked eggs

1/2 cup grated cheese
1 package noodles
Cook noodles in salted water until tender. Make a white sauce of flour, milk and seasoning. Brown celery in butter. Put noodles, celery, sliced eggs and cheese in alternate layers into buttered baking dish. Pour white sauce over all. Sprinkle with grated cheese and paprika. Set in moderate oven until cheese melts and browns slightly. Serve 6.

Eggs A La Belle
6 slices of bread
3 tsp butter
6 eggs
6 slices liver sausage
Bechamel sauce
1 tsp tomato puree
With a large cookie cutter cut the bread slices in rounds. Heat with butter in a frying pan and brown the bread on both sides to a golden brown. In the meantime, have the eggs poaching. Place a thin slice of the sausage on each slice of bread and a poached egg on top of this. Serve at once with a hot bechamel sauce to which the tomato puree has been added. Garnish with a sprig of parsley. This is a delightful luncheon dish. Yield. 6 servings.

Egg Roll with Cheese Sauce
Make your favorite baking powder biscuit dough adding 2 tsp of cheese with shortening. Roll out to about 1/4 inch thickness and spread with the egg filling.
1 cup milk
3 tsp butter
3 tsp flour
1/2 tsp salt
4 hard cooked eggs

Make a thick white sauce of the flour, milk, salt and butter. Add the chopped hard cooked eggs. When cool, spread on the biscuit dough. Roll the dough jelly-roll fashion and cut into half inch slices. Place slices cut side up in pan and bake in hot oven 15 minutes. Serve with cheese sauce or melted cheese.

YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND
Director, Physical and Health Education
New Jersey State Department of Public Instruction

The Recitation

It would be interesting, if not tragic to know how much of ones self that is called character or personality or queerness is due to a situation in child life like the school recitation. We don't often think of it, but although it is too late for us it isn't too late to be thinking about the children of today and tomorrow.

In the formative years of childhood, the individual is being shaped by every experience of daily life. And if you can recall feelings, you'll know that the recitation is a real experience. It is pleasant for the bright pupil who is prepared and knows it. His name is called. He is elated. "I know that answer," speaks an inner knowledge. While the ego gleams "I'll show these other kids." Another kindling is added to what may become a dangerous trait if we're not wise enough to guide it. Self-confidence is desirable, but self-assurance of one's superiority over "common stuff" is bad.

I'm more worried, however, about the unpleasant experience. Perhaps you know the stifling sensation that comes when you're expected to make a speech or give a report before the class. Think how the child must feel before his playmates, particularly if he isn't prepared or flounders in a sea of errors. The stunt itself is bad enough, but the little gripping fears that creep in are terrifying. Horrid, disturbing thoughts that haunt and hurt away into the night.

A few repetitions and the child begins to expect failure. He feels inadequate to the task, and he sits there atremble waiting for his name to be called. Other pupils, more confident and brighter, overshadow him. "They're good; I'm not." And "I hate school; I hate the teacher." School is discouraging. "Aw, what's the use; I want to leave." In such instances the school equips the child for life with a horrible monster in his soul, a burden too heavy to carry, a fear that hold back. It is the inferiority complex.

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